

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: FEBRUARY 27, 2014	LOCATION: 10 NORTH SAN PEDRO -1012
PRESENT: Chris Asimos, Francie Bedinger, Salamah Locks, Carol Zeller, <i>Anthony Maglio, Patricia Lewis</i>		
RECORDER: Michele McCabe		
⇒ Next Meeting: March 20, 2014 – 10 N. San Pedro Rd. - Conference Room 1019		

MINUTES SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order Chair Asimos called the meeting to order at 10:03a.m.</p> <p>Approval of the Agenda: The agenda was approved as written.</p> <p>Discussion Progress of Objectives for Fiscal Year 2013-14: Please refer to the spreadsheet below for progress made on FY 2013-14 objectives.</p> <p>Discussion Progress of Objectives for Fiscal Year 2014-15: Please refer to the spreadsheet below for proposed objectives for FY 2014-15.</p> <p>Next Meeting Date: Thursday, March 20, 2014 at 1:30p.m.</p> <p>Adjourn: The meeting adjourned at 11:00a.m.</p>	

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MINUTES SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY
AREA PLAN NARRATIVE GOALS & OBJECTIVES	
Area Plan Goals and Objectives, Fiscal Year 2013-2014 Update: 2-27-14.	
Goal 1: Promote an effective, well-coordinated, and comprehensive system of care and support that is responsive to the needs of adults with disabilities, family caregivers, and older persons.	
Rationale: A well-coordinated and comprehensive system of support is essential in effectively caring for the client population and addressing their needs. This system must encompass a wide network that includes home and community-based providers, faith-based entities, families, neighbors and informal groups, philanthropic organizations, the private sector, and public agencies.	
Objectives	Projected Start and End Dates
Title III B Funded PD or C	Update Status
1h. The Health and Nutrition Committee members will visit up to seven congregate meal sites to review service utilization and identify potential growth areas of sites by interviewing at least two participants, one volunteer, and one staff member. IN PROCESS	7/1/2012 – 6/30/2013
	7/1/2013- 6/30/2014
1i. The Health and Nutrition Committee will provide opportunities for socialization and access to nutritious	7/1/2012 – 6/30/2013
	Completed
	Completed

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MINUTES SUMMARY				ACTION TAKEN/RESPONSIBLE PARTY
meals in targeted communities by offering advisory support to Marin County's Elderly Nutrition Program. IN PROCESS	7/1/2013-6/30/2014		Continued	
1k: The Health and Nutrition Committee will disseminate information about the CalFresh program at a minimum of three senior events to reduce barriers to program access as identified in the survey of Objective 1j. IN PROCESS EVENT ONE: SENIOR FAIR Will distribute at the Healthy Aging Symposium as well as Commission meeting for the rest of the fiscal year.	7/1/2013 – 6/30/2014		New	
Goal 2: Utilize effective methods and best practices to enhance access to and dissemination of information about resources.				
Rationale: Needs assessment findings indicate that accessing information about services and resources available continues to be a challenge for the client population. Confusion about where to go, what is available, and who to contact is an on-going concern. Efforts to reach and disseminate information about resources needs to be a continued goal. New and innovative ways to reach the client population must be explored, developed, and implemented.				

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Objectives	Projected Start and End Dates	Title III B Funded PD or C	Update Status	
<p>2b. The Health and Nutrition Committee will publish an educational article in the Great Age newsletter about one of the following topics: Advanced Health Care Directives, Medical Tourism or Fall Prevention.</p> <p><i>Revised:</i> The Health and Nutrition Committee will publish an educational article in the Great Age newsletter about the importance of physical activity.</p> <p style="color: blue;">COMPLETED</p>	7/1/2012 – 6/30/2013		Completed	
	7/1/2013 – 6/30/2014		Revised	
<p>2i The Health and Nutrition Committee will organize a public education program at the Commission on Aging meeting on Health Care Reform. As a result of this presentation, commissioners and community members will learn about the impacts of health legislation.</p> <p style="color: red;">COMPLETED</p>	7/1/2013 – 6/30/2014		New	

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Goal 3: Mobilize action at the community level to address the unique needs of its people.				
<p>Rationale: Focus groups conducted throughout the PSA demonstrate the richness of the culture and diversity of communities in Marin County. Apart from geographic locations, communities were identified based on group affiliation with members sharing interests, language, culture, sexual identity and orientation, and family caregiving situations. These communities expressed needs that are similar as well as unique from other groups. Communities offer care, resources, and support to its members. These contributions must be coalesced and mobilized into action in order to address needs.</p>				
Objectives	Projected Start and End Dates	Title III B Funded PD or C	Update Status	
<p>3a. The Health and Nutrition Committee representatives will continue to meet with the Fall Prevention Taskforce to support the coordination of shared planning, education, training and other information on fall prevention activities. Was in process until the Task Force disbanded.</p>	<p>7/1/2012- 6/30/2013</p>	<p>C</p>	<p>Completed</p>	

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	7/1/2013 – 6/30/2014		Continued	
<p>3b. The Health and Nutrition Committee representatives in collaboration with Aging and Adult Services will meet with the Novato Fire Department to explore the idea of a pilot project regarding follow-up on EMS calls to individuals who were treated at home following a fall and not transported to a hospital.</p> <p>Revised: In collaboration with the Novato Fire</p>	7/1/2012 – 6/30/2013	PD	Completed	

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<p>Department and the Fall Prevention Task Force, representatives from the Health and Nutrition Committee and Marin County Aging and Adult Services will distribute detailed EMS calls report data at two community events and develop best practices for prevention.</p> <p>IN PROCESS EVENT ONE: SENIOR FAIR Will distribute report at the Healthy Aging Symposium</p>	<p>7/1/2013 - 06/30/2014</p>	<p>C</p>	<p>Revised</p>	

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The Health and Nutrition Committee will create and disseminate an educational/informational packet about end of life issues at two Senior events in 2014-2015																

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Goal 2: Utilize effective methods and best practices to enhance access to and dissemination of information about resources.				
Rationale: Needs assessment findings indicate that accessing information about services and resources available continues to be a challenge for the client population. Confusion about where to go, what is available, and who to contact is an on-going concern. Efforts to reach and disseminate information about resources needs to be a continued goal. New and innovative ways to reach the client population must be explored, developed, and implemented.				
Objectives	Projected Start and End Dates	Title III B Funded PD or C	Update Status	
The Health and Nutrition Committee will publish an educational article in the Great Age newsletter about the importance of end of life planning.	7-1-2014 to 6-30-2015			

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<p>The Health and Nutrition Committee will organize a public education program at the June Commission on Aging meeting on End of Life Issues. As a result of this presentation, commissioners and community members will learn about:</p> <ol style="list-style-type: none"> 1. The importance and benefits of making end of life decisions. 2. The feasibility of regional workshops in FY 2015-2016. 	7-1-2014 to 6-30-2015			
<p align="center">Goal 3: Mobilize action at the community level to address the unique needs of its people.</p>				
<p>Rationale: Focus groups conducted throughout PSA 5 demonstrate the richness of the culture and diversity of communities in Marin County. Apart from geographic locations, communities were identified based on group affiliation with members sharing interests, language, culture, sexual identity and orientation, and family caregiving situations. These communities expressed needs that are similar as well as unique from other groups. Communities offer care, resources, and support to its members. These contributions must be coalesced and mobilized into action in order to address needs.</p>				

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<p>The Health and Nutrition Committee will sponsor a Commission meeting in Novato presenting the results of the study conducted by Dominican University and the Novato Fire District regarding causes of falls and fall prevention.</p>	<p>7-1-2014 to 6-30-2015</p>			
<p>The Health and Nutrition Committee members will visit all operational meal sites to review service utilization and identify potential growth areas of sites by interviewing at least two participants, one volunteer, and one staff.</p> <p>The Health and Nutrition Committee will publish an educational article in the Great Age newsletter about the importance of end of life planning.</p> <p>The Health and Nutrition Committee will conduct a planning process around the process of holding regional workshops in FY 2015-2016 around end of life planning. A report will be produced at the end of that process.</p> <p>The Health and Nutrition Committee will organize a public education program at the June Commission on Aging meeting on End of Life Issues. As a result of this presentation, commissioners and community members will learn about</p> <ol style="list-style-type: none"> 1.The importance and benefits of making end of life decisions. 2.The feasibility of regional workshops inFY 2015-2016. 				

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