

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: DECEMBER 8, 2014	LOCATION: 10 NORTH SAN PEDRO - 1019
PRESENT: Chris Asimos, Beth Livoti, Fran Wilson, Carol Zeller, <i>Lorraine Berry</i>		
ABSENT: Francie Bedinger, Salamah Locks, <i>Anthony Maglio, Marge Belknap</i>		
RECORDER: Michele McCabe		
⇒ Next Meeting: Thursday, January 15, 2015 at 10 North San Pedro Rd from 1:30 – 3:30pm		

MINUTES SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order The meeting was called to order at 1:38 p.m. in room 1019.</p> <p>Approval of the Agenda: The agenda was approved as submitted.</p> <p>Approval of the Minutes: The minutes of November 20, 2014 were approved as submitted.</p> <p>Open Time for Public Comment Staff Amy Dietz spoke to the committee about objectives and made a few slight edits.</p> <p>Discussion RE: Future Speakers</p> <ul style="list-style-type: none"> ➤ Commissioner Locks will follow up with Green Burial for the January Meeting ➤ Staff will follow up with Maria Gregoriev from FAST 	<p>Dietz will provide McCabe with wording. McCabe will send to committee</p> <p>McCabe will invite Gregoriev. Locks still checking with Green Burial</p>

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<p>The following tool kit items were reviewed and approved for insertion:</p> <ol style="list-style-type: none"> 1. CA Attorney General – <i>Advanced Health Care Directive</i> 2. Aging with Dignity: <i>5 Wishes</i> 3. Coalition for Compassionate Care <i>Facing Serious Illness – POLST</i> 4. Coalition for Compassionate Care <i>CPR/DNR Information Sheet</i> 5. Coalition for Compassionate Care <i>Tube Feeding</i> 6. Marin County Public Administrator Brochure <p>The following items were suggested and will be discussed at the next meeting:</p> <p>Livoti volunteered to donate folders for the June presentation. She will also do artwork for face sheet.</p> <ol style="list-style-type: none"> 7. <i>Do not go Gentle into that Good Night</i> by Dylan Thomas 8. Reading List from Hospice 9. Bucket List 10. Palliative Care Article 11. Still need a hand out for Simplifying Life or Downsize <p>Members are asked to bring more suggestions to the next meeting.</p> <p>A few suggestions were to be added to the Reading List:</p> <ul style="list-style-type: none"> • <u>Knocking on Heaven’s Door</u> by Katy Butler • <u>Being Mortal: Medicine and What Matters in the End</u> by Atul Gawande • <u>Can’t We Talk about Something More Pleasant</u> by Roz Chast • Website of Fernwood Cemetery 	<ol style="list-style-type: none"> 8. Asimos will check out items on reading list McCabe to get Theresa Tooker’s permission to use 9. Wilson to find a good template plus instructions 10. Zeller will review articles and pick one 11. Asimos to ask Donna Robbins

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<p>Commission Meeting Presentation Staff reported that the Executive Committee switched our presentation to February on Fall Prevention. Staff has contacted Ted Peterson from the Novato Fire District to report on the study done regarding falls and EMS reports. If that doesn't work out, a backup plan is needed. Zeller introduced an article from the <i>New York Times</i> entitled <u>Bracing for the Falls of an Aging Nation</u>. Much of the article is about The Sequoias in San Francisco.</p> <p>Future Speakers The following speakers and/.or ideas were suggested :</p> <ul style="list-style-type: none"> • Mill Valley Resident, Katy Butler, Author of <u>Knocking on Heaven's Door</u> • Representative from the local Death Café movement • Representative from National Tissue and Organ Donor Group <p>Adjourn: The meeting adjourned at 2:20 p.m.</p>	<p>Staff to contact Sequoias if Novato Fire doesn't work out.</p> <p>Staff to contact Katy Butler who lives in Mill Valley</p> <p>Asimos to contact local Death Café</p>