

**MARIN COUNTY COMMISSION ON AGING**  
*Committee Meeting Minutes*

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> MARCH 19, 2015	<b>LOCATION:</b> 10 NORTH SAN PEDRO - 1019
<b>PRESENT:</b> Chris Asimos, Francie Bedinger, Beth Livoti, Fran Wilson and Carol Zeller		
<b>ABSENT:</b> Salamah Locks, <i>Lorraine Berry, Anthony Maglio</i>		
<b>RECORDER:</b> Michele McCabe		
⇒ Next Meeting: Wednesday April 8, 2015 at 10 North San Pedro Rd from 1:30 – 3:30pm		

<b>MINUTES SUMMARY</b>	<b>ACTION TAKEN/RESPONSIBLE PARTY</b>
<p><b>Call to Order</b> The meeting was called to order at 1:40 p.m. in room 1019.</p> <p><b>Approval of the Agenda:</b> The agenda was approved as submitted.</p> <p><b>Approval of the Minutes:</b> The minutes of December 8, 2014 were approved as submitted.</p> <p><b>Open Time for Public Comment</b> There were no speakers from the public.</p> <p><b>Chair's report</b> Chair briefly spoke about the lack of quorum at the last meeting.</p>	

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<p><b>Identifying and Approving Toolkit Items:</b></p> <p>The following items were discussed and accepted:</p> <ul style="list-style-type: none"> <li>7. <i>Do not go Gentle into that Good Night</i> by Dylan Thomas</li> <li>8. Reading List from Hospice with additions</li> <li>9. Palliative Care Brochure</li> <li>10. File of Life</li> </ul> <p>The following items were suggested and will be discussed at the next meeting:</p> <ul style="list-style-type: none"> <li>11. Article: Living beyond your 75<sup>th</sup> Birthday by Alan Miller</li> <li>12. Article: Dying shouldn't be so brutal</li> <li>13. More work on the bucket list needed</li> </ul> <p>Still Missing:</p> <p>Chair will get a down-sizing book or article from Donna Robbins.  Financial Decisions should be addressed.  A list of helpful websites should also be included.</p> <p>The presentation of the tool kit was discussed. The committee decided on folders which will be donated by Beth Livoti. Beth will design the cover. Group decided to put the first line of the Dylan Thomas poem <i>Do not go Gentle into that Good Night</i> on the cover and include the poem in the actual toolkit. The group came to the conclusion that people will look at the tool-kit and ask themselves "What's a toolkit and why do I want it?" The answer to that question will be part of the presentation on June 11<sup>th</sup> at the Commission meeting.</p> <p>The June presentation was discussed. The group decided on one speaker instead of a panel given brief meeting time. Group voted to ask Theresa Tooker to begin the program and speak for 30 minutes regarding end of life decisions. Committee members will then hand out the toolkits and speak to the group as well as take questions.</p>	

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<p>The committee decided to meet next on Wednesday, April 8, 2015 at 2:00 p.m. Staff will reserve the room. Members confirmed they can all attend on this date. In the meantime, Livoti will send some pictures that may also go on the cover of the toolkit.</p> <p><b>Adjournment</b> The meeting adjourned at 2:52 p.m.</p>	