

<b>COMMITTEE: GENERAL</b>	<b>APRIL 9, 2015</b>	<b>LOCATION: SAN RAFAEL COMMUNITY CENTER</b>
<p><b>PRESENT:</b> Bedinger, Bloch, Bortel, Boutilier, Brilliant, Dowling, Gertler, Gontarz-York, Kemp, Lamorte, Livoti, Locks, Marchese, Monson, Peters-Janover, Smith, Timms, Hickey, Turner, Wilson, Zeller</p> <p><b>EXCUSED:</b> Asimos, Kirshbaum</p>		
<p>RECORDER: Michele McCabe</p>		
<p>NEXT MEETING: May 14, 2015 Healthy Aging Symposium, Embassy Suites, San Rafael</p>		

MINUTE SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY
<p><b>Call to Order</b> Chair Monson called the meeting to order at 10:03 a.m.</p> <p><b>Approval of Agenda</b> The April 9, 2015 agenda was approved as written with one correction.</p> <p><b>Approval of the Minutes</b> The minutes of March 12, 2015 were approved.</p> <p><b>PUBLIC HEARING: The Marin County Area Plan for Aging 2012-2016 Fiscal Year Update 2015-2016</b></p> <p><b>Call Public Hearing Call to Order:</b> Chair Monson called the Public Hearing to order at 10:07a.m. The Chair introduced Jody Timms, Chair of the Planning Committee who gave some background information on the Area Plan 2012-2016 and Area Plan Update 2015-2016. Timms then introduced Lee Pullen and Amy Dietz. Lee Pullen, Director of the Area Agency on Aging and Amy Dietz, Program</p>	

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<p>Coordinator and Planner presented the plan. Copy of slides available if requested.</p> <p><b><u>Public Comment</u></b></p> <p>Suzanne Sadowsky from the San Geronimo Valley Community Center (SGVCC) thanked Area Agency Staff and Commissioners for all their hard work. She reported that in 2009 the weekly Senior Lunch was moved to San Geronimo Valley Community Center in to try to raise the attendance. It was not thriving and had dwindled down to only a few people. Flash forward to now where they host an average of sixty people twice a week. It helped the center become the heart of the San Geronimo Valley. SGVCC is not just a place to go and have lunch but a place where seniors feel at home to eat, play and share their lives at our center.</p> <p>Marin Villages Executive Director, Lisa Brinkmann, MSG thanked Lee Pullen, Director of the Area Agency on Aging for always making Marin Villages feel welcome at the Commission on Aging. She also said in his presentation, he and planner Amy Dietz made people aware of the functions of daily activities and services that allow people to age in place. She wanted to remind folks that other activities like record keeping and bill paying are also important functions that people often need assistance with. We as a community need to recognize that those functions are also important and vital to maintaining at home.</p> <p>Deborah Berthed, RN, BSN spoke about being new to the Marin community. She graduated in 2014 from Sonoma State’s Health Navigator program. She congratulated the commissioners and program speakers and remarked that this presentation was the perfect one to attend. She thanked them for their focus on Best practices. She ended by commenting that at the end of every day, people should play back the “tape” to see what performance results should be applauded. Today she will applaud those who presented today for promoting independence for older adults and improving the quality of life in Marin County.</p> <p>Commissioner Tricia Smith stated she is so happy that goal #2 (<b>Enhancing access to information about resources</b>) is being addressed. There was a weak link which is now being closed.</p>	

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<p>Commissioner Conn Hickey stated that he is a relatively new player here but has been involved in Public Service for a long time. He thinks it's wonderful that a government agency functions with so much transparency. He also likes the fact that Aging is collaborative and focuses on the well-being of the citizens. Marin is now making the transition from what aging used to be to what it should be. We are a model community; keep up the good work and thank you to the staff that tirelessly makes this happen.</p> <p>Commissioner Bortel: The Area Agency on Aging has a mandate (page 83) which says the AAA should be the leading advocate in Planning and Service Agency #5. In the 13 years I've been on this commission, this is the best year ever! Thanks to Lee and Staff.</p> <p>Commissioner Bloch remarked that the plan presentation and update is well written, clear and easy to read.</p> <p>The motion to approve the APU update 15-16 was moved and seconded. The motion passed unanimously.</p> <p><b>Adjournment:</b> The Public Hearing adjourned at 11:02 a.m.</p> <p><b>Business meeting was called back to order at 11:15 a.m.</b></p> <p><b>Open Time for Public Expression:</b> Pat Stolier spoke about the Age-Friendly process in Corte Madera.</p> <p><b>Chair's Report:</b> Monson reported the following:</p> <ul style="list-style-type: none"> <li>• Volunteers are needed for the Healthy Aging Symposium</li> <li>• There was no Executive Committee meeting last month because they didn't have a quorum</li> <li>• He attended the White House Conference on Aging meeting in Phoenix and came away reassured that there is nationwide problem solving happening. He was also reassured to know that California is on top of the big issues like volunteerism, seniors helping seniors. He will write up a report and distribute it to the Commission.</li> </ul>	

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<p><b>Vice-Chair Report:</b> Dowling reminded people that if your term is coming up please work with town or district if you want to serve for next 3 years.</p> <p><b>Nominating committee:</b> Bortel reported for the nominating Committee. Other members are: Vera, Ellie, and Girija. The slate is as follows:</p> <p>Chair - Teri Dowling Vice-chair – Salamah Locks Secretary – Ralph Marchese</p> <p><b>Action Item:</b> None</p> <p><b>Committee Reports:</b></p> <p><b>Health and Nutrition:</b> In Chair Asimos absence, Zeller reported:</p> <ul style="list-style-type: none"> <li>• The committee will be visiting all the nutrition sites before June 30, 2015.</li> <li>• Work on the End of Life Decision making Tool kit is coming along nicely.</li> <li>• They had a productive meeting on April 8, 2015.</li> <li>• The next meeting will be Thursday, May 21 at 1:30 p.m.</li> </ul> <p><b>Housing and Transportation:</b> Chair Bortel reported:</p> <ul style="list-style-type: none"> <li>• The next meeting is April 15<sup>th</sup> at 1:30 p.m. Agent and Advocate Keith Rockmael will be speaking on reverse mortgages.</li> <li>• Tiburon Village recently had two great presentations; one on balance and the other on walking poles.</li> <li>• This committee will be doing presentations at Whistlestop and Marin City before June 30<sup>th</sup> on Housing and Transportation issues.</li> <li>• He and Gertler attending the SMART presentation recently. SMART will have the Clipper Card.</li> </ul>	

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<p>We need that train to carry caregivers to Marin. Price has also not been decided yet.</p> <p><b>Legislative Task Force:</b> Co -Chair Bloch reported on the following:</p> <ul style="list-style-type: none"> <li>• Passed out the top 20 bills to the commission. The Task Force will pick 7-10 to advocate</li> <li>• Thanked the Task Force for all their hard work and staff as well.</li> <li>• Monday April 20 has been confirmed for the Task Force to have a Conference Call.</li> <li>• She is pleased with process this year.</li> </ul> <p>Co-chair Boutilier spoke about:</p> <ul style="list-style-type: none"> <li>• The four Federal bills.</li> <li>• FS means the Legislators fact sheet on a particular bill.</li> <li>• Legislative site to look up bill information: <a href="http://www.leginfo.ca.gov">http://www.leginfo.ca.gov</a></li> <li>• The next Legislative Task Force Meeting is Friday, May 1, 2015 at 9:30 a.m.</li> </ul> <p><b>Planning:</b> Chair Timms reported that:</p> <ul style="list-style-type: none"> <li>• The Planning Committee will be starting the next four year planning cycle</li> <li>• The age-friendly support group met and checked in and received a good number of great ideas.</li> <li>• The next Planning Committee meeting will be on Wednesday, May 28.</li> <li>• Unincorporated areas need approval of the Supervisor of that district.</li> <li>• Age-Friendly will continue to meet before the COA meeting. Email Commissioner Timms if you want to be added to the list. They will meet in June.</li> </ul> <p><b>Editorial Board:</b></p> <ul style="list-style-type: none"> <li>• N/A</li> </ul> <p><b>Director's Report:</b> Lee Pullen, Area Agency on Aging Director reported that:</p> <ul style="list-style-type: none"> <li>• Aging is working with the Media Team on a media campaign to showcase Aging and Adult Services and the work of the Commission on Aging. Commissioner York is also working on this.</li> </ul>	

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<ul style="list-style-type: none"> <li>• Lee will be part of the CA delegation for policy briefing in Washington D.C. They will get a Federal Level briefing and meeting with various legislators’ staff. The delegation consists of Directors from Marin, Sonoma and San Francisco along with Santa Barbara and Riverside. They have the same appointments this year that they did last year.</li> <li>• There is a Volunteer Fair at The Buck Center this Saturday April 11, recruiting volunteers for several AAS programs.</li> </ul> <p><i>Commission Updates:</i></p> <ul style="list-style-type: none"> <li>• Boutilier (Sausalito); Sausalito will be in CM parade as well. Home sharing and volunteer driving programs are being looked at. They are working with Development Director to streamline home modifications. How to make it clear. What are the more sustainable things? The City of Sausalito Considering General Plan to update elements, suggest that Age-Friendly plan be incorporated into the City General Plan. We do have some Senior Housing. The Sausalito Rotary Group’s Annual Gala is on April 24<sup>th</sup> at The Spinnaker. Proceeds will support housing for seniors.</li> <li>• Dowling (Ross); My town of Ross is pretty little and one of the oldest in Marin. It’s time to be an Age-Friendly town; “I have my work ahead of me.”</li> <li>• La Morte (San Anselmo); Needs information about Age-Friendly. She went to an interesting meeting about senior Co-housing sponsored by the Ross Valley Relators.</li> <li>• Marchese (District 4); Met with Lt. Gov. Gavin Newsom regarding “Aging in Place.” He also met with Dr. Steve Pantilat (along with other medical and health care providers). Dr. Pantilat is the chairman of the Department of Palliative care services at UCSF. Palliative Care is one of the most successful approaches to simultaneously reduce human suffering and lower expenditures of unnecessary or unwanted medical services.</li> <li>• Smith (District 3); Became the president of Sausalito Village at the end of March and just hired a part time coordinator for the Call a Ride for Sausalito Seniors (CARSS) program. Sausalito Village will have their annual community meeting at the Bay Model 12 p.m. on April 22<sup>nd</sup>.</li> </ul>	

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<ul style="list-style-type: none"> <li>• Timms (Fairfax); Age-Friendly Fairfax, Francie Bedinger has joined and did a short presentation on Age-Friendly on April 1<sup>st</sup>. They are organizing a Senior Fair September 19<sup>th</sup>, as well as helping with the annual Fairfax parade on June 13-14<sup>th</sup> and have a table at the celebration. There will be a ½ page flyer available.</li> <li>• Wilson (Tiburon); spoke about dropping the Great Age copies off at the Tiburon Town Hall. She also stated that she can't say enough about Leslie Klor and shared housing matching. Seniors in Tiburon have a great need to share big homes with others.</li> <li>• Turner (District 3); working with Suzanne Sadowsky in Marin City to try to revive the congregate meal and to increase participation. We will need good outreach. They will have their first meeting on April 22, 2015.</li> <li>• Zeller (Corte Madera); busy collaborating with Age-Friendly. Corte Madera's congregate meal also needs to be revived. There are 70 people in CM over 90 years old and they will be celebrating them at a celebration. The Corte Madera Senior Fair will be held in May. Age Friendly will have a float in the July 4<sup>th</sup> parade. The theme is Celebrating Neighbors.</li> <li>• Locks (San Rafael); reminded people not to forget to pay for the symposium. San Rafael is getting together to launch Age-Friendly soon. She spoke about Fernwood's green burial program and green burial in the Jewish tradition which she researched for the Health and Nutrition Committee.</li> <li>• Kemp (District 1); spoke to 130 people about the work of the COA at a Seder last month. She congratulated Amy Dietz for her work in the Novato Theatre's presentation of Fiddler on the Roof.</li> <li>• Bedinger (District 2); has joined Age-Friendly movement in Fairfax.</li> <li>• Livoti (Novato); spoke about the last meeting of Novato Village, attended by 30. So far they have 1 member and 9 volunteers.</li> <li>• Gontarz-York (District 5); has been working with Livoti and Madeline Kellner regarding Age-Friendly in Novato. She commended Lee Pullen for the Aging Action Initiative and being able to come up with concrete action plans after only one year of meeting. She has also joined the HHS Media Team to help launch a campaign to showcase the Area Agency on Aging and the Commission.</li> </ul>	

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<ul style="list-style-type: none"> <li>• Gertler (Belvedere); will continue to work with the Belvedere Community.</li> <li>• Boutilier (Sausalito); mentioned that she has information on a new program for Family Caregivers. Please contact her for the information.</li> </ul> <p><b><i>Adjournment:</i></b> The meeting adjourned at 12:33 p.m.</p> <p>In lieu of the May meeting will be the Healthy Aging Symposium May 14<sup>th</sup> at the Embassy Suites Hotel in San Rafael. The next meeting is Thursday June 11, 2015 at Alma Via in San Rafael.</p>	