

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: APRIL 8, 2015	LOCATION: 10 NORTH SAN PEDRO - 1019
PRESENT: Chris Asimos, Francie Bedinger, Beth Livoti, Fran Wilson ,Carol Zeller and <i>Anthony Maglio</i>		
ABSENT: Salamah Locks, <i>Lorraine Berry</i> ,		
RECORDER: Michele McCabe		
⇒Next Meeting: Thursday May 21, 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 1:40 pm.</p> <p>Approval of the Agenda: The agenda was approved as modified. Amy Dietz was added to the agenda with a Nutrition Report.</p> <p>Approval of the Minutes: The minutes of March 19, 2015 were approved as submitted.</p> <p>Open Time for Public Comment: Public Member Anthony Maglio reported that he has a new job at the VA in San Francisco in the smoking cessation program. The committee congratulated him.</p> <p>Chair’s report: Chair Asimos reported that she is still trying to get in touch with Donna Robbins and the Death Café. Death Café has a meeting on Sunday April 12, 2015, check their website for details.</p>	

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<p>Nutrition Report: Program Coordinator Amy Dietz reported the following:</p> <ul style="list-style-type: none"> • Congregate meal sites are keeping their own donations. Amy will be doing site visitations • Corte Madera and Marguerita Johnson are not doing well. Aging has contracted with Suzanne Sadowsky, from San Geronimo for consulting with them. Commissioner Sharon Turner is also assisting Amy with this issue • Aging and Adult Service is hiring a registered dietician who will be working with the nutrition program. One of the biggest complaints is that meals have become repetitive. This is one of the first things that the dietician will be working on. • May is Cal Fresh Awareness Month. There are events going on around Marin. <p>Identifying and Approving Toolkit Items</p> <ul style="list-style-type: none"> • Bucket List was approved for the toolkit • It was decided to put all articles on a reading list with citations due complex issues • Pictures were identified and Livoti will get prices unless someone knows a photographer who will donate a picture for the cover. • Asimos is still checking with Donna Robbins about an appropriate insert. She is going to ask about the last page of her most recent book. • Staff will look for a good elder abuse prevention insert. • Staples #22343 pocket folder was chosen and Livoti will donate the first 50 for the June meeting. <p>Sign up for congregate meal site visits Members signed up to visit congregate meal sites. Staff distributed the Diner’s Guide with all the correct information. Copy will be attached to these minutes. Staff will also send out the review form which should be returned to McCabe when finished.</p>	

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<p>Next Meeting Date: The next meeting will be held on Thursday May 21st at 1:30. Tool kits will be assembled at this meeting.</p> <p>Adjournment The meeting adjourned at 2:55 p.m.</p>	

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2015 Nutrition Site Visits		
Site	Day & Time	Visitor
Margaret Todd - Novato	Tues/Wed/Thurs - 12 pm	Beth Livoti
Pickleweed- San Rafel	Every other Wed.- 12 pm	Chris Asimos
San Rafael Com. Center	1st, 2nd, 4th Wed. - 11 am	Carol Zeller
Corte Madera Rec Center	Thursday - 12 pm	Carol Zeller/Fran Wilson
Marguerita Johnson Center	Wednesday - 12 pm	Francie Bedinger
Fairfax Community Church	Sunday - 12 pm	Francie Bedinger
San Geronimo Valley Center	Mon/Thurs 12 pm	Chris Asimos
Dance Palace - Point Reyes	Thursday - 11:30 am	Carol Zeller