

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: AUGUST 20, 2015	LOCATION: 10 NORTH SAN PEDRO - 1019
PRESENT: Chris Asimos, Salamah Locks, Fran Wilson, Carol Zeller Staff: Amy Dietz, Mary Louise Zernicke		
ABSENT: Francie Bedinger, Beth Livoti		
RECORDER: Michele McCabe		
⇒Next Meeting: Wednesday, October 7, 2015 at 10 North San Pedro Rd from 1:00 – 3:00pm		

MINUTES SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order The meeting was called to order at 2:00 p.m.</p> <p>Approval of the Agenda: The agenda was approved as written.</p> <p>Approval of the Minutes: The minutes of July 16 were approved as submitted.</p> <p>Open Time for Public Comment: No members of the public were present.</p> <p>Chair’s report: Chair had no report since the items will be covered on the agenda.</p>	

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<p>September Commission Meeting Asimos and Locks reported on the program for the September 10th COA meeting at Margaret Todd. They have also partnered with the National Institute of Health (NIH) regarding this meeting. Mary Louise Zernicke will present for 15-20 minutes and then take questions for five regarding nutrition and hydration. Asimos and Locks will present for 15-20 minutes regarding exercise and take questions for an additional five minutes. Workbooks from NIH will also be available for those who would like them.</p> <p>Staff Nutrition Report Zernicke spoke about the new cycle menu which is currently being “perfected” by Good Earth. There are many more choices. Dietz reported on the nutrition program evaluations and will have them for the group next time.</p> <p>Needs Survey Dietz reported that it will be widely distributed in September and October. She had some surveys available now for members who want to take them.</p> <p>Being Mortal Viewing McCabe reported:</p> <ul style="list-style-type: none"> • Being Mortal Presentation will be held on September 24, 2015 at the Rafael Film Center. Doors open at 1:30 p.m. and the program runs from 2:00 pm to 4:00 pm. • There may be transportation from Whistlestop to the Film Center • Hospice and POLST coalition have been great partners and have printed over ½ of the toolkit materials already • RSVP is important because the theatre only holds 80 people. The rest will be put on a waiting list so they can be notified of future presentations. • There will be simultaneous translation in Spanish, Vietnamese and Russian. • Volunteers are needed to help put tool kits together on the day of the presentation. 	

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<p>Senior Fair Handouts McCabe is having the Fall Prevention brochure updated for distribution. The committee decided to also hand out the "Workout" publication from the September Commission meeting.</p> <p>Next Meeting Date The next meeting will be held on Wednesday, October 7, 2015 from 1:00 p.m. to 3:00 p.m.</p> <p>Adjournment The meeting adjourned at 2:40 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 Rafael	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