

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

<b>COMMITTEE:</b> HEALTH & NUTRITION	<b>DATE:</b> MAY 28, 2015	<b>LOCATION:</b> 10 NORTH SAN PEDRO - 1019
<b>PRESENT:</b> Chris Asimos, Francie Bedinger, Salamah Locks, Fran Wilson		
<b>ABSENT:</b> Beth Livoti, Carol Zeller, <i>Lorraine Berry, Anthony Maglio</i>		
<b>RECORDER:</b> Michele McCabe		
⇒ Next Meeting: Thursday July 16, 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 2:20 pm.</p> <p><b>Approval of the Agenda:</b> The agenda was approved as written.</p> <p><b>Approval of the Minutes:</b> The minutes of April 8 were approved as submitted.</p> <p><b>Open Time for Public Comment:</b> No members of the public were present.</p> <p><b>Chair’s report:</b> The Chair reported that the Congregate Meal Site Visits are on schedule.</p>	

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<p><b>Staff Report</b>  McCabe reported on the following:</p> <ul style="list-style-type: none"> <li>• An application has been submitted to do a public presentation to Marin Seniors of the Frontline Episode on “Being Mortal” to Marin Seniors. Aging and Adult Services should be informed of the outcome by the end of June. Aging and Adult Services would like to partner with this committee during the end of life decision making presentations during fiscal year 2015-2016. The members present voted to partner on this project.</li>   <li>• Hospice by the Bay and the Marin POLST coalition have offered to partner with this committee on both the grant if obtained and the presentations on end of life decision making. The members present voted to accept their offer.</li> </ul> <p><b>Toolkit</b></p> <ul style="list-style-type: none"> <li>• Scheduled speaker Teresa Tooker sent some updated documents for the committee to review and consider for the toolkit.</li> <li>• Staff put together sample toolkits for the committee’s consideration. The following documents still need to be polished: <ol style="list-style-type: none"> <li>1. Reading and Website List</li> <li>2. Elder Abuse Prevention Tips</li> <li>3. Bucket List Information</li> <li>4. A letter by Chair Monson introducing the toolkit</li> </ol> </li>   <li>• A motion to approve the tool kit contents as presented including the four items above was made, discussed and passed.</li> </ul>	

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<ul style="list-style-type: none"> <li>• Commissioner Livoti donated 50 file folders and photo paper for the toolkits. The group present discussed and ultimately chose the “Forbidden Island Sunset” photo. The committee was given permission to use the photograph by photographer Ben La Placa who will be given credit for the photo on the toolkit.</li> <li>• Toolkits will be assembled on Tuesday June 9<sup>th</sup> from 11:00 a.m. to 2:00 p.m. in the 2<sup>nd</sup> floor conference room at 10 North San Pedro Road. Members are invited to bring a bag lunch and help assemble.</li> </ul> <p><b>Commission on Aging Presentation on June 11, 2015</b></p> <ul style="list-style-type: none"> <li>• Chris will introduce Teresa Tooker who will speak for about 30 minutes and then take questions for an additional 10 minutes.</li> <li>• Michele will pass out the tool kits while Teresa takes questions.</li> <li>• Commissioner Bedinger will go over the history of the tool kit and explain the contents (10 minutes)</li> <li>• People can then ask questions of the Health Committee</li> </ul> <p><b>Toolkit Assembly</b>  The Health Committee will assemble the toolkits as noted under the “Toolkit” section of these minutes.</p> <p><b>Next Meeting Date:</b>  The next meeting will be held on Thursday, July 16<sup>th</sup> at 1:30 pm.</p> <p><b>Adjournment</b>  The meeting adjourned at 3:35 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