

<b>COMMITTEE: GENERAL</b>	<b>NOVEMBER 12, 2015</b>	<b>LOCATION: TIBURON TOWN HALL</b>
<b>PRESENT:</b> Asimos, Bedinger, Bloch, Bortel, Boutilier, Brilliant, Gertler, Gontarz-York, Kemp, Livoti, Locks, Marchese, Monson, Smith, Timms, Wilson, Dowling, Kirshbaum, Peters-Janover		
<b>EXCUSED:</b> Hickey, Lamorte, Turner, Zeller		
RECORDER: Michele McCabe		
NEXT MEETING: December 10, 2015 – The Redwoods in Mill Valley		

MINUTE SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY
<p><b>Presentation and Topic HICAP Medicare changes for 2016</b> Betti Condor, HICAP Outreach Coordinator <b>California Senior Legislature Update –</b> Senior Assembly Person Bloch and Senior Senator Bortel</p> <p><b>Call to Order</b> Chair Dowling called the meeting to order at 11:20 a.m.</p> <p><b>Approval of Agenda</b> The agenda of November 12, 2015 was approved as written.</p> <p><b>Approval of the Minutes</b> The minutes of October 8, 2015 were approved as corrected.</p> <p><b>Open Time for Public Expression:</b></p> <ul style="list-style-type: none"> <li>Joe O’Hehir, Director of Whistlestop thanked the commission for all the support on their proposal</li> </ul>	

MINUTE SUMMARY	ACTION TAKEN/RESPONSIBLE PARTY
<p>to replace its aging building with 41 affordable apartments for seniors, better space for its Active Aging Center and additional parking. The project is currently in the application stage. Public hearings will resume in January.</p> <ul style="list-style-type: none"> <li>• Amie Spencer, LSW from Insights: Senior Services introduced herself and her new business. More information can be found at <a href="mailto:info@insightsforseniors.com">info@insightsforseniors.com</a></li> </ul> <p><b>Chair’s Report:</b> Dowling reported the following:</p> <ul style="list-style-type: none"> <li>• The Executive Committee would like to review the <i>Great Age</i> distribution list. She asked commissioners to email her about where they currently distribute their copies and also to suggest other places in their area that might like to get copies.</li> <li>• The Marin County Women’s Commission wants to work with us on the issue of economic security for people over 60. Commissioners Dowling, Bortel and Director Pullen will have their first meeting on this subject in December. Please let Chair Dowling know if you are interested in working on this issue.</li> </ul> <p><b>Vice-Chair Report:</b> Locks reported on the following:</p> <ul style="list-style-type: none"> <li>• Veterans Day celebrations continue through the weekend</li> <li>• November has been declared Family Caregiver Month by President Obama</li> <li>• On Thursday December 3<sup>rd</sup>, the San Rafael City Council and Mayor Phillips will host a holiday reception for Boards and Commissions at 7:30 p.m. at the Falkirk Cultural Center. Call 485-3383 to RSVP.</li> </ul> <p><b>Action Items:</b> None</p> <p><b>Presentation of Live Long, Live Well Marin Summary:</b> Commissioner Gontarz-York, H&amp;HS Media Team Supervisor Cicily Emerson and Chris Mai gave a report on the new website and media campaign for Live Long, Live Well Marin. The “vision” smart goals, key messages and talking points for the commissioners are detailed on pages six thru eight of these minutes.</p>	

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<p><b>Committee Reports:</b></p> <p><b>Health and Nutrition:</b> Chair Asimos reported:</p> <ul style="list-style-type: none"> <li>• The next meeting will be on Wednesday, December 9, 2015 from 1:00 p.m. – 3:00 p.m. at 20 North San Pedro Road in the Point Reyes room.</li> <li>• Committee is hoping to put on a Being Mortal presentation before the end of the year out in West Marin</li> <li>• San Rafael Village is thinking of expanding to cover all of San Rafael</li> </ul> <p><b>Planning:</b> Chair Timms reported:</p> <ul style="list-style-type: none"> <li>• The next meeting will be held on Tuesday, December 8 at the Redwoods</li> <li>• 3,300 surveys were returned (1,300 electronically and 2,000 by mail)</li> <li>• December will be spent reviewing data</li> <li>• Age-Friendly group met again today and noted everyone is excited about the mini-grants sponsored by the County of Marin and Marin Community Foundation.</li> <li>• Thanked Program Coordinator Amy Dietz for all of her hard work</li> </ul> <p><b>Housing and Transportation:</b> Chair Bortel reported:</p> <ul style="list-style-type: none"> <li>• The next meeting will be on Wednesday, January 20, 2016</li> <li>• Marin Village has about 500 volunteers. Dr. Larry Meredith has joined the Board.</li> <li>• The proposed housing in Point Reyes at the old coast guard facility is moving forward</li> <li>• On Tuesday, November 17 at 5:00 p.m. and Tuesday December 15, the Board of Supervisors will be holding workshops on affordable housing. Information can be found at the following url:  <a href="http://www.marincounty.org/depts/cd/divisions/planning/housing/affordable-housing">http://www.marincounty.org/depts/cd/divisions/planning/housing/affordable-housing</a></li> </ul> <p><b>Legislative Task Force:</b> Chair Bloch reported on the following:</p> <ul style="list-style-type: none"> <li>• The next meeting will be Friday, November 13, 2015. Lee Pullen will be attending to speak about</li> </ul>	

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<p>the legislative process.</p> <p><b>Editorial Board:</b> N/A</p> <p><b>Director’s Report:</b> Lee Pullen, Area Agency on Aging Director reported:</p> <ul style="list-style-type: none"> <li>• The Area Agency on Aging finished up a five day monitoring by the California Department of Aging. Pullen thanked Commissioner Monson for his work on behalf of the commission.</li> <li>• On December 1, 2015 the 2016 Community Health Needs Assessment Prioritization will take place at the Four Points Sheraton Hotel from 8:30 a.m. to 1:30 p.m. Commissioners are urged to attend.</li> </ul> <p><b>Commission Updates:</b></p> <p>Bedinger (District 2) reported the Sunday Congregate meal will not take place anymore for lack of a volunteer coordinator.</p> <p>Bloch (CSL) reported Florence Henderson from Marin City has been nominated for the Marin County Women’s Hall of Fame.</p> <p>Bortel (CSL) reported she and Commissioner Bortel met with Congressman Jared Huffman recently.</p> <p>Boutilier (City of Sausalito) reported that on November 19 the annual rotary lunch for Sausalito and Marin City will take place. Age-Friendly Sausalito has been working with the building department around the issue of reducing fees for home modifications.</p> <p>Brilliant (City of Mill Valley) is still working with the Disaster Coalition.</p> <p>Gertler (City of Belvedere) reported the following:</p> <ul style="list-style-type: none"> <li>• Attended the RX Safe Marin yearly conference</li> <li>• It is Medicare open enrollment, please make careful decisions and track your Medicare bills</li> </ul>	

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<p>carefully before you pay</p> <ul style="list-style-type: none"> <li>• Please make time to see the client artwork at Senior Access.</li> </ul> <p>Gontarz York (District 5) reported she applied for a seat on the Marin County Mental Health Board.</p> <p>Kemp (District 1) reported on her letter regarding Cameron Williams and the “power of the pen.”</p> <p>Kirshbaum (City of Larkspur) reported that Larry Meredith is now on the Board of Marin Villages.</p> <p>Livoti (City of Novato) reported the Novato Village is growing and doing well. Age-Friendly is beginning to work with the two new Novato Council members and the new mayor.</p> <p>Locks (City of San Rafael) reported she met with San Rafael Mayor Phillips regarding senior issues.</p> <p>Marchese (District 4) continuing to work with age-friendly.</p> <p>Monson (District 4) attended a White Caps meeting in West Marin. Stinson Beach and Bolinas are considering putting together a “village.”</p> <p>Smith (District 3) reported on attending the National Village Conference and the success of the Call a Ride for Sausalito Seniors (CARSS).</p> <p>Timms (City of Fairfax) reported on Fairfax and applying for the mini-grant for age-friendly.</p> <p><b>Adjournment:</b> The meeting adjourned at 12:35 p.m.</p> <p>The next meeting will be on Thursday, December 10 at the Redwoods in Mill Valley.</p>	

## **End Vision 1: Influencers know policy work of AAS led by Commission on Aging**

SMART GOAL: By June 2016, key influencers will understand that the County is proactive in planning and addressing policy and service needs of older adults.

**Key Message: Marin Health and Human Services/Aging and Adult Services is proactively addressing issues related to aging in Marin County.**

Talking Points:

- Older adults are also the fastest growing age group in Marin. Today one in four Marin residents are over age 60. By 2030 that number is estimated to rise to one in three.
- Aging and Adult Services has been anticipating needs and providing services and for older adults for decades. We are part of a national network that was formed as part of the Older Americans Act in 1965.
- The foundation of Aging Adult Services plan for Marin is to support residents to Live Long and Live Well.
- On average, Marin's older adults are living longer than other jurisdictions. The life expectancy for both men and women is in the top 5% of all counties in the United States.
- We coordinate a community-based system of care with a wide range of services such as nutrition, caregiver support, and elder abuse prevention that sustain the independence of older adults.
- Through our Information and Assistance Line 457-INFO and online information portal, we help older adults and their caregivers navigate community resources.
- For more information go to [livelonglivewellmarin.org](http://livelonglivewellmarin.org)

**Key Message: Everyone in Marin has a role to play; Marin HHS/AAS is working with many partners to address the changing demographics in our County**

Talking Points:

- Older adults have tremendous value, and wisdom, and contribute both socially and economically to the Marin community.
- We all benefit when citizens, agencies, business and government work together on a shared vision and action for any challenges that may come. Our success depends on teamwork between all sectors.
- With our many partners, we coordinate a community-based system of care with a wide range of services such as Information and Assistance, nutrition, caregiver support, and elder abuse prevention that sustain the independence of older adults.
- AAS has partnered with over 90 community leaders and 40 organizations to launch the Aging Action Initiative; who are poised to act and advocate for the needs of older adults and promote an Age Friendly Marin.

**End Vision 2: Seniors, caregivers and other service providers know how to get information and navigate the services/system.**

SMART GOAL: By March 2016, we will see a 35% increase in volume of calls to the 457-INFO and an increase in effectiveness/satisfaction of services.

**Key Message: Marin Health and Human Services/Aging and Adult Services 457-INFO line helps older adults and their caregivers navigate Marin's community resources.**

Talking Points:

- Older adults are also the fastest growing age group in Marin. Today one in four Marin residents are over age 60. By 2030 that number is estimated to rise to one in three.
- As the older adult population grows in Marin, we anticipate an increased need for assistance in navigating community resources.
- Providing Information and Assistance (I&A) is an integral part of Marin County's Aging and Adult Services system of care for older adults.
- Information and Assistance workers help people get the resource they need. They are professional advocates that can direct callers to the appropriate program and follow up as necessary.

- Marin Health and Human Services/Aging and Adult Services has enhanced the Information and Assistance line 457-INFO, through increased staffing and a new online resource guide. Services are offered in multiple languages (Spanish, Vietnamese and Cantonese).

**Key Message: The 457-INFO line and the online Community Resource Guide are tools for enhancing overall service delivery for older adults in Marin**

- Information and Assistance services strengthen our community network, and promote the wide range of existing community resources that Marin offers.
- There is no “wrong door” when it comes to a client seeking services. The Information and Assistance service compliments existing community and neighborhood based programs such as [marinaccess.org](http://marinaccess.org), [marinvillages.org](http://marinvillages.org), and Whistlestop.
- The new online Community Resource Guide, maintained by Health and Human Services/Aging Adult Services creates additional opportunities for people to get the service they need and for providers to share information about their services.
- Sharing up to date information about resources is a challenge and the way we seek to receive information is changing. The online Community Resource Guide is a tool to centralize, organize, maintain and share information about services specific to Marin County.
- For more information, go to [marinhhs.org/aging](http://marinhhs.org/aging)