

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: OCTOBER 7, 2015	LOCATION: 10 NORTH SAN PEDRO - 1019
<p>PRESENT: Chris Asimos, Salamah Locks, Fran Wilson, Carol Zeller ABSENT: Francie Bedinger, Beth Livoti</p> <p>Staff: Amy Dietz and Michele McCabe</p> <p>MEMBERS OF PUBLIC: Nancy Boyce, Marinlink</p>		
RECORDER: Michele McCabe		
⇒ Next Meeting: Wednesday, December 9, 2015 at 10 North San Pedro Rd from 1:00 – 3:00 p.m.		
MINUTES SUMMARY		ACTION TAKEN/RESPONSIBLE PARTY
<p>Call to Order The meeting was called to order at 1:12 p.m.</p> <p>Approval of the Agenda: The agenda was approved as written.</p> <p>Approval of the Minutes: The minutes of August 20, 2015 were approved as submitted.</p> <p>Open Time for Public Comment: No comment at this time from the public.</p> <p>Chair’s report: Chair had no report since all of her items were on the agenda.</p>		

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September Commission Meeting Debrief:

The September 10, 2015 Commission on Aging presentation was discussed. All and all committee felt it was quite successful. They also went on record to thank staff Dietician Mary Louise Zernicke for her great presentation. The committee requested staff obtain and email the power point presentation to them.

Nancy Boyce: Update on Stroke Directory:

Public member Nancy Boyce from Marinlink gave an update on the “Stroke Directory.” It has been in existence for many years and is currently produced by Marin General Hospital (MGH). MGH will print it again as soon as it’s updated and funding is available.

Nancy gave a short history on Marinlink and what it does in the Marin community. Committee members present were not familiar with Marinlink. Nancy then referred people to the website at <http://marinlink.org/> if members want to look at the projects they sponsor fiscally.

Nancy Boyce: Request for collaboration on “*Death makes Life Possible*”

The First Presbyterian Church of San Rafael is sponsoring a screening of the film, “*Death makes Life Possible*” in January which will be facilitated by the author of the book Marilyn Schlitz. They want to know if the Health & Nutrition Committee will collaborate with them by having a “vendor table” which would include a toolkit and other “Being Mortal” materials. The committee voted to staff a table at the event and thanked Nancy for the invitation. Nancy loaned the committee a copy of the book. More information can be found at <http://deathmakeslifepossible.com/>

Staff Nutrition Report:

Staff Amy Dietz gave the nutrition report. Highlights included:

- 1,978 needs assessment surveys have been received.
- Survey distribution was discussed. Committee members were asked to volunteer to take surveys to their local food banks and engage with older adults there. Dietz will send out a list of food banks to the committee members.
- The Prescription Drug Task Force will have their annual meeting on Tuesday, October 20, 2015. Committee members are urged to attend.

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- The committee needs to collaborate more with the Interfaith Council. Carol was told by several pastors their attention and resources are spent on young families. Older adults are left to fend for themselves for the most part.

Debrief of “*Being Mortal*” event September 24, 2015:

Committee members congratulated themselves for holding a very successful event. Highlights included:

- Over 95 people attending
- 89% completed the post data survey
- At least 35 people needed the services of the translators (37% of total attendees).
- The Rafael Theatre needs to be thanked. The Chair volunteered to send them a thank you for their good customer service and the bigger viewing area they gave us for the event (free of charge).

Next Steps with “*Being Mortal*”

The Health Committee has received at least 3 requests for presentations: Sausalito Village, West Marin and the Fairfax Women’s Center. The committee decided it would need to be done in either November or February. Chair Asimos will talk to the Dance Palace and get back to the committee. The Institute on Aging is doing a “*Being Mortal*” presentation at the Buck Institute on Sunday, November 8th. Members of the committee want to go and be visible at the screening. It would be ideal to have a list of Marin showings to hand out but they may not all be scheduled by that time.

Two other related items were discussed at length. The first is the concept of “elder orphans” which committee members want more information on. A good place to start is can be found at this website <http://www.cnn.com/2015/05/18/health/elder-orphans/>. The second is the concept of dementia-friendly communities. The following website contains a lot of information people may want to read up on. <http://www.actonalz.org/dementia-friendly>.

Discussion of Committee Members and Committee Meeting Time:

To keep projects going, the Health & Nutrition Committee needs more members from both the commission and the public. Committee members will make an effort to invite people. Chair

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<p>Asimos will contact members who don't come as often to determine if a different meeting date and time would be appropriate to encourage better attendance.</p>	
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Next Meeting Date

The next meeting will be held on Wednesday, December 9, 2015 from 1:00 p.m. to 3:00 p.m.

Adjournment

The meeting adjourned at 2:50 p.m.