

MARIN COUNTY COMMISSION ON AGING
Committee Meeting Minutes

COMMITTEE: HEALTH & NUTRITION	DATE: JANUARY 26, 2016	LOCATION: 10 NORTH SAN PEDRO – 1019
<p>PRESENT: Chris Asimos, Francie Bedinger, Beth Livoti, Salamah Locks, Carol Zeller, <i>Anthony Maglio, Kathleen Roach, Teresa Tooker</i></p> <p>ABSENT: Fran Wilson</p> <p>Staff: Michele McCabe, Amy Dietz, Chloe Cook</p>		
RECORDER: Michele McCabe		
⇒ Next Meeting: March 22, 2016		
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 December 9, 2015 were approved as submitted.</p> <p>Staff Nutrition Report: Dietz reported that AAS is interviewing for a registered dietician.</p> <p>Open Time for Public Comment: This item was passed to the end of the agenda.</p>		

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Committee Meeting Minutes

Chair's report:

Chair reported the San Rafael Villages will have retired pharmacist Fred Meyer as a guest speaker on February 2, 2016.

Objectives 16-17:

Dietz led a lively discussion. Three objectives were proposed, voted and passed unanimously. They are as follows:

- The Health and Nutrition Committee, in collaboration with community partners, will distribute at least 100 End of Life Decision Making Toolkits during at least 2 community presentations, featuring films or guest speakers pertaining to advanced care planning.

- The Health and Nutrition Committee will work with the AAA Registered Dietician to develop at least two nutrition presentations related to meal preparation.

- The Health and Nutrition Committee will develop a presentation for a Commission meeting and write an article in the Great Age pertaining to fall prevention.

Presentation regarding Super Utilizer Group:

Information & Assistance (I&A) Supervisor Chloe Cook gave a short presentation on the Super Utilizer Group. After the presentation, Cook also spoke about three pending information trainings sponsored by the Aging Action Initiative.

Partnership Opportunity by Hospice by the Bay:

Teresa Tooker from Hospice by the Bay presented a collaboration opportunity to partner on an event for National Healthcare Decisions Day on April 16, 2016. Given that the committee has possibly three pending *Being Mortal* presentations coming up, they decided to collaborate and plan for April 2017.

San Geronimo Presentation February 2016:

West Marin Senior Services will coordinate two more Being Mortal presentations in West Marin, San Geronimo in February and Bolinas in March. Dates to be announced soon.

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Committee Meeting Minutes

Debrief “*Death makes Life Possible*” January 21, 2016:

Committee members Asimos, Livoti, Locks and Zeller attended along with staff McCabe. About 100 people attended the event and picked up information from our vendor table. Attendees agreed that it was a good film. Author Marilyn Schlitz is interested in partnering further with the committee. Staff to set up a call with Schlitz.

Debrief “*Being Mortal*” January 22, 2016:

Committee members present were Asimos, Locks and Zeller. Staff McCabe and Roach were also present. There were over 70 people in attendance and the presentation was well received. Staff thanked Commissioners Locks and Livoti for setting up the tool kits and Hospice by the Bay for helping with materials.

Next Meeting Date

The meetings are now set for the every other month, 3rd Tuesday, 1:00 – 3:00 p.m.

Adjournment

The meeting adjourned at 2:17 p.m.